

Abstract

Title: Analysis of winter preparatory period in professional football

Objectives: The aim of this work is to do hidden, participated observation in the professional football FK Baník Most in winter preparatory period 2009/2010. Perform quantitative and qualitative content analysis of trainings based on collected data. Obtained data then compared with the theoretical background in literature dealing with football, appraise the results of this research and attempt to provide conclusions for practical use.

Methods: The research method of phase-in period, I chose the method of scientific observation, the observation was systematic, with the participation and conducted in a natural situation. Observations were conducted throughout the winter preparatory period football club FK Baník Most.

Results: From my subjective point of view investigated took place near the winter preparation period, in accordance with the theoretical background. The most significant exception was the lack of stimulation or over-speed capability classification of non-specific means of training. Considered the football club was almost forgotten mental preparation.

Keywords: football, analysis, winter preparatory period